

Public Health *Pulse*

Newsletter of the Utah Public Health Association www.upha.org 26 June 2002

PRESIDENT'S MESSAGE



Ralph Clegg, President

Following the conclusion of another successful Utah Public Health Conference, it is important once again to express appreciation on behalf of the Association for all those who have served so well this past year in various capacities in the Association. In recognizing some for their contributions there is always a risk of neglecting to recognize someone who is certainly deserving of recognition. If I forget someone, as I am sure I will, please accept my apologies and know that all of your efforts are appreciated.

Brad Nieger has served the Association well the past year as President. He brought many talents and abilities to the position which he willingly shared with all those he worked with to the betterment of the Association as a whole. **Beverly Roach** now leaves the UPHA Board with a legacy of dedicated service to the Association as Past President which followed her very successful term as President the previous year. **Rosemary Thackeray** finished her term as an outstanding Vice President really helping and supporting Brad Neiger with many of the organizational challenges associated with a professional organization such as UPHA. Our outgoing Board members, **David Cunningham**, **Myron Bateman**, and **Lynn Flinders** have represented the interests of UPHA members and public health in general for the past three years and have done yeoman's work for the Association.

With those leaving Association service there are of course others who remain or who were newly elected to carry the association banner for another year. Board members **Kenneth Buchi**, **Patricia Keller**, **Teresa Garrett**, **Christine Perfili**, and **Robert Resendes** continue their terms on the Board. **Paul Wightman** continues his relentless service as treasurer or what many of us refer to as the glue of the association leadership, he just seems to keep everything together. **Ladene Larsen** continues as the APHA affiliate representative for a final year, including APHA regional responsibilities, and has the added role of Vice President this year.

Dee Applegate has graciously consented to serve as UPHA secretary until her upcoming retirement. **Marilyn Haynes-Brokopp**, as elected, moves from Board of Director service to service as President-Elect. She comes full of fresh ideas for the Association and full of enthusiasm as well. Marilyn's vacated Board position with two remaining years will be filled by **Ilene Risk** who works for the Salt Lake Valley Health Department. Her appointment was just recently approved by the Board and most importantly accepted by Ilene.

Thanks as well go to those who have served this past year as committee chairs or members. Particularly we extend a thanks to all members of the Program Committee and to our Program Committee Chairs **Terri Sory** and **Ivy Melton Sales** who have somehow persevered for three years now in bringing an outstanding program to the annual Utah Public Health Conference. As Terri and Ivy now pause to catch their breath, as well as probably to catch up on a few things at work, **Lynn Flinders** and **Doreen Radford** have consented to Co-chair the program committee for 2002-2003. If you have ideas or suggestions for the annual conference do not hesitate to contact them. Lynn can be reached at 801-370-8750 or uchlth.lynnf@state.ut.us and Doreen at 801-370-4520 or uchlth.doreenr@state.ut.us. They are very open to ideas and suggestions, just don't wait too long as they are already preparing for next year's conference event. The conference dates are May 1-2, 2003 with a possible pre-conference on April 30, 2003. The conference is scheduled to be held at the Utah Valley State College in Orem. Look for more details in each newsletter and over the list server in the coming days and months.

With such a great group to work with, how could anyone be but excited about the coming year with the Utah Public Health Association. I personally am looking forward to an exciting and challenge year in public health and with the Utah Public Health Association.

What a year it has been for public health in Utah this past year! Environmental and public health played a significant and vital role in the very successful 2002 Winter Olympic Games. Over four years of dedicated environmental and public health planning paid off with an event that was renown around the world and was funded without breaking the public health bank (though it may have stretched it some) and essentially without significant incident. The public health workforce in all its many facets performed admirably. But coming back down to earth following the Olympic Games we were quickly faced with renewed concerns about bioterrorism and a state revenue shortfall that left public health with fewer dollars but no less demand for services. In this political climate it is interesting to note that with the erosion of funding for core public

health functions and even vaccine shortages, significant funding is coming for bioterrorism preparedness - which is an area where public health preparedness is certainly needed, but core public health functions must not be ignored or passed by.

Such times present all public health workers and our Association with the challenges of preparing and responding to the threats of bioterrorism as well as the need to not only not neglect the cause of core public health functions but to continue to strive to restore and advance so great a cause. Prioritization of services in these days of revenue shortfalls is painful yet essential.

With great confidence, I believe the Utah public health workforce up to the challenges and look forward to another exciting and challenging year of public health work with each of you here in Utah. If you have any suggestions or concerns for the Association, please contact me at 801-370-8716 or email at uchlth.ralph@state.ut.us.

~~~Ralph Clegg, UPHA President



## Public Health Pulse

### Publication Schedule

The *Public Health Pulse* will be issued as hard copy as well as electronically on our web site. We are interested in the news of our UPHA members—awards, projects, activities, ideas, public health issues, etc. You may also send pictures electronically

to be included in our newsletter.

The tentative dates for 2002-2003 newsletters will be as follows:

| <u>Information Due</u> | <u>Mailing Date</u> |
|------------------------|---------------------|
| September 6, 2002      | September 17, 2002  |
| December 6, 2002       | December 17, 2002   |
| February 28, 2003      | March 11, 2003      |

Please e-mail your newsletter contributions to Eric S. Edwards at [uchlth.ericse@state.ut.us](mailto:uchlth.ericse@state.ut.us). If you would rather not receive a hard copy only, but only an electronic copy, please e-mail your request to Eric Edwards along with your e-mail address ([uchlth.ericse@state.ut.us](mailto:uchlth.ericse@state.ut.us))



### Healthy Utah Works to Keep Public Employees Healthy and Productive

(Submitted by Kami Greenhagen)

Healthy Utah is PEHP's employee wellness program, and is a free benefit to qualifying employees and their spouses. Healthy Utah has been around for 21 years, and with over 19,500 members, is one of the largest and most successful worksite wellness programs in Utah. Much of this success is a result of the variety of programs offered to members. There is something for everyone at Healthy Utah!

**Testing Sessions:** Every member of Healthy Utah is entitled to a free annual private physical assessment where height, weight, cholesterol, glucose, blood pressure, and body composition are checked. We discuss nutritional and physical activity behaviors, offer suggestions for improvement, and help members set personal goals. Members receive an analysis of their health risks and ways to lower them. Testing sessions are offered throughout the state.

**Rebate Program:** Cash rebates are awarded to members who set health and fitness goals and successfully accomplish them in any of the following areas: Being physically active (\$60); Losing weight or body fat (up to \$130); Reducing cholesterol (\$50); Reducing blood pressure (\$50); Managing diabetes (up to \$100); Quitting smoking (up to \$100). PEHP will also pay half (up to \$40) for the cost of a pre-approved weight loss or smoking cessation class. Counseling is offered to smokers who want to quit.

**Wellness Seminars:** Healthy Utah offers classes on more than 20 topics such as cognitive restructuring, nutrition, physical activity, stress management, conflict resolution, and life simplification. Classes are available at worksites around the state.

**Healthy Utah Website:** The website is updated monthly with eight new articles on topics ranging from nutrition to financial health to humor. You'll find plenty of information about the Healthy Utah program as well as links to other great sites. The website gets approximately 15,000 page views per month. Check us out at [www.healthyutah.org](http://www.healthyutah.org).

**Resource Library:** Healthy Utah maintains an excellent wellness resource library. Items available for checkout include books, audio-books, videos, and self-help plans on topics such as addiction, diabetes, parenting, aging, finances, holistic health, and more.

**Online Programs:** Healthy Utah offers online weight and financial management programs. These are especially useful in rural areas with limited access to on-site programs. For more information, visit our website at [www.healthyutah.org](http://www.healthyutah.org) or contact us at (801) 538-6261.

## 2003 Public Health Conference Set

May 1-2, 2003 are the dates for the 2002 UPHA Conference. It will be held at Utah Valley State College (UVSC) in Orem, Utah. Mark your calendars, and watch for further updates! Possible preconference, April 30, 2003

## Robert Wood Johnson Fellowship Awarded

**Patrick Johnson**, UPHA Member and former UPHA President, is the recipient of a Robert Wood Johnson Health Policy Fellowship. He will be in Washington, DC September through December of 2002. We are looking forward to his report of the experiences he has there.



As chairperson for the UPHA History Committee, I've been asked to create at least one article for each edition of the Public Health Pulse. I had to ask myself why I was "chosen" for this role. Could it be my 29 years working at the Utah Department of Health? Perhaps it was an acknowledgment that I have served in most of the elected and appointed positions within UPHA during the last 25 years, and therefore possessed a great deal of personal history with the Association. But that experience pales in comparison to many of our distinguished members who have almost double that "memory" capacity. On closer examination, I think it's something much more practical—for some reason, I have *inherited* many of the boxes and files that comprise the archeological treasures of the Utah Public Health Association. While there is a certain amount of "junk" within this treasure trove, there are some real gems as well. *I invite everyone to join me this year as we go on a treasure hunt to rediscover UPHA.*

The crown jewel in the UPHA archives is a 3-ring binder (isn't that how bureaucrats file important documents?) entitled, "HISTORY OF THE UTAH PUBLIC HEALTH ASSOCIATION, BOOK I." The book, authored by Ruth T. Cronin (1963 Beatty Award Winner), is a compilation of important historical documents and related news items that cover UPHA and public health in Utah from the original founding on May 16, 1916 through 1968. The carefully typewritten pages and newspaper clippings are organized between the blue plastic tabs that march across the book like a series of stepping stones marking the space of time—1916, 1917, 1918 thru 1928. Then they take a GIANT leap and start again at 1937, 1938, 1939 all the way through 1968. The book's pages are beginning to fade, but the memories they evoke are strong and clear, and each time I open the book, I am thankful that Ruth T. Cronin, a dedicated public health nurse, shared her devotion and passion in such a "practical" way.

Sadly, there is no "BOOK II," taking off at 1969 through the present time. Some day, I hope there will be another dedicated public health history buff—someone who will take the boxes and files drawers filed with the original financial records of the association, hundreds of pictures, minutes, resolutions, and copies of annual meeting programs, and create a new volume of stories that reflect our more recent history. This time, the text will be created with the benefit of a word processor—complete with spelling and grammar checks. The researcher will work on-line rather than sitting in a library reading microfilm and microfiche (did you just hear some the younger members asking, "What is microfilm?"). The indexing will be done automatically, the pictures will be scanned and possibly even computer enhanced. We won't publish to a 3-ring binder—it will probably be burned on a CD—maybe something we don't even know about yet—depends on how long it takes us to get there. The only thing that remains is that it will still take a willing person (or persons) who will invest their time and creative energy to create a legacy. *This is where you come in....*

As chairperson of a history committee, there is something implied about having a group of people who are "The Committee," so I am hereby soliciting people to participate in this process. I would also like to receive feedback from members concerning a format for a history column in the newsletters. Do you want a series of quick facts or highlights, or do you prefer a story-telling format? Do you want to hear mostly about UPHA, or about public health in Utah in general? Would you like to hear from "guest" writers? Is it important to include photos? What can we do to get you excited about public health history? Your feedback is valued and I encourage you to contact me at [JGAUFIN@utah.gov](mailto:JGAUFIN@utah.gov), or call me at 801-538-6422. Before I conclude this article, let me just tell you a little bit more about the missing stepping stones...

UPHA was originally founded on May 19, 1916, when they held the first general meeting at the Hotel Utah. Mr. E.O. Howard, president of Walker Bank, was elected the first President of the society. Mr. Heber J. Grant was first vice-president, and Mayor A. R. Heywood of Ogden was the second vice-president. William J. Denney served as secretary, and Horace H. Smith served as treasurer. Governor William Spry and U.S. Senator Reed Smoot were elected honorary vice-presidents. Dr. Theodore B. Beatty served on the first Executive Committee. UPHA focused their early efforts on a statewide campaign against preventable diseases, particularly Tuberculosis, Typhoid Fever, and Diphtheria. According to an article in the SL Tribune (6/7/1916), 250 members attended the annual meeting to discuss public health.

From 1916 through 1928, the association worked diligently with other partners (like the Red Cross Christmas Seal Society and the National Tuberculosis Association) to eradicate TB. There were epidemics of Spanish flu (1918), Typhoid (1920) and the first statewide traveling dental clinic was established in 1926. People must have felt that the group did what they set out to do, because the organization ceased to be active about the middle of 1928. According to Ruth Cronin, "When the UPHA came to an end in 1928, Utah was a more healthful, knowledgeable people, complimented and extolled by all other states. During the interim 1928 to 1937 I am sure the people continued their full support of the health program established during the eleven preceding years."

In 1937, someone again saw the need and value for a statewide public health association—could it have been the debates about whether or not the state should institute ten administrative local health districts throughout the state as opposed to local health units? Perhaps it was the need of communities in Sevier County who were anxious to avert an all out smallpox epidemic after 18 cases appeared—a massive campaign resulted in getting 3,000 people immunized. Or maybe it was the need to update obsolete public health laws throughout the country, and especially in western states. Or maybe the visionaries of the time realized that public health matters more as the population grows. Whatever the case, UPHA is still alive in 2002..... where will we be in 2016? 2037???

This year will mark the 130<sup>th</sup> anniversary of the founding of the American Public Health Association (APHA). In 1997, on their 125<sup>th</sup> celebration, APHA created a special videotape that reflected on the history of their organization, and more importantly, on the history of public health during that time period. APHA also invited each state public health association to create a poster that reflected the history of public health at the local level for the same time period which you can view at <http://www.upha.org/pdf/HistoryPoster.pdf>.





**Dr. Joe Miner gives Kathy Paras the Beatty Award**



**Brad Neiger recognizes Ivy Melton-Sales and Terri Sory for all their work on the Program Committee**



Safer • Healthier • People

## Teen Births Trend Downward (from National Vital Statistics Reports

Vol. 50, No. 9, May 30, 2002)

This report provides State-specific birth rates for teenagers for 1991 and 2000, and the percent change between the time periods. Birth rates for

teenagers 15-19 years declined significantly in all States, the Virgin Islands and Guam, between 1991 and 2000. Declines by state ranged from 12 to 39 percent. Rates also fell significantly for teenage subgroups 15-17 and 18-19 years.

The reduction in teen birthrates from 2000 to 2001 was greatest among black teenagers (8 percent). Since 1991, the rates for black

teenagers 15-19 years have dropped 37 percent. Between 2000 and 2001, birthrates for teens declined among all race and ethnic groups, including non-Hispanic white teenagers (7 percent); Asian or Pacific islander teens (5 percent); American Indian teens (3 percent); and Hispanic teens (2 percent). In addition, while the overall number of births to unmarried women rose slightly in 2001, births to unmarried teens declined.

The rate of low birthweight babies held steady at 7.6 percent, unchanged since 1998. The percentage of women receiving early prenatal care improved to 83.4 percent in 2001, up from 83.2 percent in 2000. While no change was reported in prenatal care utilization among non-Hispanic white women, improvements were noted for black and Hispanic women.

|                     | 1991 births/1,000 |            |            | 2000 births/1,000 |            |            | % Change Between 1991 and 2000 |            |            |
|---------------------|-------------------|------------|------------|-------------------|------------|------------|--------------------------------|------------|------------|
|                     | 15-19 yrs.        | 15-17 yrs. | 18-19 yrs. | 15-19 yrs.        | 15-17 yrs. | 18-19 yrs. | 15-19 yrs.                     | 15-17 yrs. | 18-19 yrs. |
| U.S.A. <sup>1</sup> | 62.1              | 38.7       | 94.4       | 48.5              | 27.4       | 79.2       | -21.9%                         | -29.2%     | -16.1%     |
| Utah                | 48.2              | 27.0       | 79.8       | 40.0              | 22.0       | 62.7       | -17.0%                         | -18.5%     | -21.4%     |

<sup>1</sup> Excludes data for the territories.

## 2000 Data on Births in Utah (UTHealth Magazine, June 2002, p. 26)

47,331 Births (24,945 Male and 23,509 Female).

Most births in a county: Utah County with 9,864 births.

Fewest births in a county: Daggett County with 16 births.

The fertility rate in Utah (89.9) was higher than the rest of the nation. About 90 out of every 1,000 Utah women ages 15-44 gave birth compared to 67 out of every 1,000 women in the U.S. (67.6).

Five mothers died while giving birth.

244 babies died within the first year of life.

247 babies were stillborn.

1,321 babies were born as twins, triplets or quadruplets.

Utah has fewer babies born at low birth weights (less than 5 pounds 8 ounces) than in the U.S. In Utah the rate is 6.6 infants per 1,000 births compared to 7.6 in the U.S.

Most women in Utah (36,509) began prenatal care in their first trimester of pregnancy. Still, 9,315 women waited until their last trimester and 179 did not seek any prenatal care. The Utah Department of Health recommends seeing your doctor in your first trimester with continued prenatal care through birth.

The majority of Utah babies are carried for 39 of the expected 40 weeks.

43,614 mothers chose a physician to deliver her baby; others chose midwives.

The most popular day and time of birth: Fridays at 2 p.m.

(Data from the Utah Department of Health's Utah's 2000 Vital Statistics Birth and Death Report. For more information, visit [www.health.utah.gov](http://www.health.utah.gov).)

## Awards Presented at 2002 UPHA Convention

### Public Health Heroes

Dr. Karen Buchi, University of Utah, Clinic at South Main;

Dr. Scott Williams; Georgina Nowak; Rep. Patricia Jones

### Health Education Association of Utah (HEAU)

Rookie of the Year: Bre deBry

President's Award: Claudia Bohner

Catherine Summerhays Award: Terry Sory

### UPHA Special Recognition Awards:

Office of Community Relations, Primary Children's Medical Center

Representative Carl R. Saunders

Connie Kitchens

### President's Awards:

Dr. Rosemary Thackeray

Terri Sory

Ivy Melton-Sales

### Theodore Beatty Award 2002

Kathy Paras

## Regional Medical Library and UPHA Listserv

Kathleen McCloskey has sent out blurbs from listservs and discussion lists on the UPHA listserv that she thought would be of interest to public health professionals. Perhaps an alternative format, coming out only once a week as an e-newsletter might be more convenient. The weekly report would be structured with a table of contents followed by the individual mini-reports on each item.

She would like to find out from the UPHA membership which format would be the most useful. Please let her know which you prefer and feel free to send her any comments you have regarding this service.

Kathleen can be reached at 801/585-5743 or [kmc@lib.med.utah.edu](mailto:kmc@lib.med.utah.edu)